

Chicken Curry

Makes: 4 Servings

Ingredients

2 cups Onion, medium, chopped
2 cloves garlic
2 pounds chicken, boneless, skinless
vegetable cooking spray
1 1/2 cups chicken stock
1 teaspoon red pepper flakes
1 tablespoon curry powder
2 cups Tomatoes, chopped
1/3 cup peanut butter
1/2 cup Plain, low-fat yogurt (optional)

Directions

1. Cut onions in half. Cut ends and discard. Peel onions. Chop onion into small pieces and set aside.
2. Peel garlic and chop into very small pieces. Set aside.
3. Cut chicken into 1-inch cubes.
4. Spray large frying pan with vegetable cooking spray.
5. Add chicken to pan and cook over medium heat until it is browned on all sides.
6. Place browned chicken into a large pot.
7. Cook the chopped onion over low heat in the frying pan used to cook the chicken until it is lightly browned.
8. Stir 1/2 cup of chicken stock into the browned onions, and pour this mixture in the pot with the chicken.
9. Add the garlic, red pepper flakes and curry powder to the chicken in the pot.

10. Cover pot, and simmer over low heat until the chicken is completely cooked.
11. Add tomatoes, peanut butter and remaining 1 cup of chicken stock to the pot.
12. Cover pot again and cook over low heat for 15 minutes more.
13. Stir in yogurt and serve over cooked rice.
14. Enjoy!

Notes

Serving Size: 1 cup